

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.



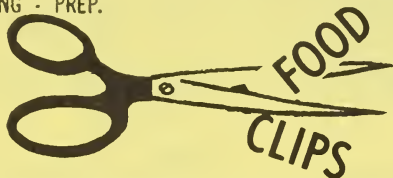
Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION WASHINGTON, D. C.

JUN 25 1973

January 29, 1973

CATALOGING - PREP.



Did anyone ever tell you--pastry crusts frozen unbaked are more tender and flaky than those frozen baked? It's true according to U.S. Department of Agriculture home economists.

* * *

Using a double boiler? Start with warm, not hot, water in the lower pan so the thawing food won't stick. Reheating on top of the range is faster than in an oven.

* * *

Frozen gravies, sauces, may be somewhat thicker after thawing than when freshly prepared, but suitable liquid can be added to give the desired consistency.

* * *

Vacant spot in your freezer? Winter months are the perfect time for make-ahead dishes for guests.

* * *

Should dry yeast be stored in the refrigerator? No, but it should be stored in a dry, cool place. It may be stored this way for several months normally.

* * *

If you freeze butter, it will still maintain its quality for two months, according to USDA.

NEW INFORMATION CENTER

--On School Lunch

A unique education and information center relating to training school lunch personnel is being established at the National Agricultural Library in Beltsville, Md., in cooperation with the Food and Nutrition Service of the U.S. Department of Agriculture. The school lunch program is the largest single food service network in the United States with total cost of around three billion dollars.*

The new Food and Nutrition Information and Educational Materials Center, headed by A. Christine Justin, already has a collection of about 800 items. The Center will be expanded to include all types of books, journals, videotapes, audiotapes, films, and visual aid materials concerning the training of school food service personnel.

Services of the Center will include dissemination of Center materials, loan and facsimile copying, referral service, annotated bibliographies, abstracts, extracts, synopses. The Center will draw upon the collection resources and staff services of the National Agricultural Library to supplement its specialized activities. (Media contacts may obtain additional information by writing to the Editor of Food and Home Notes.)

* Includes Federal, State and local support as well as children's payments.

SPANISH LANGUAGE

MATERIALS FROM THE U.S. DEPARTMENT OF AGRICULTURE

(Single Copies Free While Supply Lasts)

Office of Information, Washington, D.C. 20250

NUMBER	SPANISH TITLE	ENGLISH TITLE
FNS-13-S	Una Guía Diaria para Comer Bien	Daily Food Guide
FNS-5	Usted y Estampillas para Alimentos	You and Food Stamps (in Food Stamp Areas)
FNS-78-S	Programs Nacional Del Almuerzo Escolar	National School Lunch Program
FNS-38 thru 61	Una Buean Seleccion para La Familia que Desea Economizer	Thrifty Family Flyers
PA-912-S	El Libro Colorante de Las Comidas Guenas	Good Foods Coloring Book
Unnumbered (AMS)	Avisos Rapidos	Quick Tips on Care and Labels
Unnumbered (APHIS or AMS)	Patrones de Productos de Carne de Ras y de Aves de Corral: Lists de Referencia del Consumidor	Standards for Meat and Poultry Products: A consumer Reference List
PA 976N(AMS)	Como Comprar Comestibles	How to Buy Food Booklet
G-141-S	Como Comprar Fruta Fresca	How to Buy Fresh Fruits
G-143-S	Como Comprar Hortalizas	How to Buy Fresh Veg.
G-145-S	Como Comprar Bistecs	How to Buy Beef Steaks
G-146-S	Como Comprar Los Asados de Carne de Vaca	How to Buy Beef Roasts
G-166-S	Como Comprar Carne para Conservar en el Refrigerador	How to Buy Meat for The Freezer
G-167-S	Como Comprar Hortalizas Enlatadas y Congeladas	How to Buy Canned & Frozen Vegetables
G-172-S	Carne de Res y de Aves de Corral: La Etiqueta as su Mejor Consejero	Meat and Poultry Labeled For You
G-174-S	Carne de Res y de Aves de Corral: Como Cuidar Sus Comestibles	Meat and Poultry Care Tips For You
G- 177-S	Como Comprar Habas, Guisantes, y Lentejas en Seco	How to Buy Beans, Peas and Lentils



H
O
T

D
O
G
S

WHAT'S IN A DOG?

What ingredients should be allowed in hot dogs and other cooked sausage? And what type of labeling is best on these products to tell at a glance what they contain?

You can help the U.S. Department of Agriculture answer these questions by commenting on a new proposal. If adopted, it would ban meat byproducts—such as lips, snouts and spleens—from these products and would set up two labeling categories to help consumers choose the product which best suits their needs.

Franks, bologna and other cooked sausages in the first category could contain only skeletal muscle meat and the ingredients necessary to make it into the traditional product—such as water, sweeteners and curing agents--and would be called by their traditional names, such as "frankfurter." Second-category products could also contain binders such as nonfat dry milk or soy protein and would carry product names which clearly show the added ingredient--for example, "frankfurter, nonfat dry milk added."

The proposal would eliminate labeling terms such as "all meat" or "all beef." A recent court decision banned these terms because they are misleading.

Byproducts, which would be banned, are wholesome and nutritious, USDA officials said. But, some consumers feel these items are not aesthetically appealing. What do you think? Send your comments in duplicate by February 21 to the Hearing Clerk, USDA, Washington, D.C. 20250.

HOW MUCH --HOW LONG?

Cooking cereal or macaroni? Did you know that boiled wheat is a faster cooking cereal than bulgur? And--that most cereals and macaroni need 1/4 teaspoon salt to water before you heat to boiling? A handy chart on suggested cooking times has been prepared by USDA's home economists----

<u>Cereal</u>	<u>cereal cups*</u>	<u>water cups</u>	<u>cooking time</u>
Bulgur	1/3	1	20 to 25 minutes
Cornmeal	1/3	1 1/2	about 15 minutes
Corn Grits	1/4	1 1/4	about 15 minutes
Macaroni	1/2	2	10 to 14 minutes
Rice	1/3	1	20 to 25 minutes
Rolled Oats	1/2	1	about 3 minutes
Rolled Wheat	1/2	1	about 4 minutes

* Makes about 1 cup cooked cereal.

* * *

USDA -- SAFETY 1973

In cooperation with the National Safety Council, the U.S. Department of Agriculture has designated safety subjects to be emphasized during the months of 1973. The complete list of 1973 Safety emphasis months is listed below. Materials on the safety programs will be available through the Extension Service and Special Projects of USDA.

January	--	Safety with Livestock
February	--	Shop and Tool Safety
March	--	Safety with Agricultural Chemicals
April	--	Farm Tractor Safety
May	--	Highway and Transport Safety
June	--	Recreation Safety
July	--	Protection from Falls
August	--	Traffic and Back-to-School Safety
September	--	Farm Safety Systems
October	--	Fire Protection and Harvest Season Safety
November	--	Chore-Time Safety
December	--	Home and Holiday Safety

COMMENTS & INQUIRIES TO:

Shirley Wagener, Editor of Food and Home Notes, Press Service, 461-A,
Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250.
Or telephone (202) 447-5898 or 447-5881.